What is relationship violence?¹

Relationship Violence or Dating Abuse is a pattern of destructive behaviors used to exert power and control over a dating partner.

Warning signs of an abuser¹

- checking your cell phone or email without permission
- constantly putting you down
- extreme jealousy
- explosive temper
- isolating you from family and friends
- making false accusations
- mood swings
- possessiveness, telling you what to do
- hurting you in anyway, (emotionally or physically)
- blaming other people for problems and mistakes
- cruelty to animals or children
- making others responsible for his or her feelings
- rigid gender roles
- past battering
- threats of violence
- “playful” use of force during sex
- Hypersensitivity
- Pushes for quick involvement (comes on strong)

Statistics on relationship violence¹

- 43% of college women who are dating, report they have experienced abusive dating behaviors
- Nearly 1 in 3 (29%) college women report being a victim of an abusive dating relationship in her life.
- 57% of those who reported, indicated being in an abusive relationship in college.
- 52% of college women report knowing a friend who has experienced violent and abusive dating behaviors.
- 58% of students said they would not know how to help if they knew someone was a victim.
Different kinds of relationship abuse

- **Emotional/Verbal Abuse** - calling you names, yelling and screaming at you, threatening to harm you or people you care about, preventing you from seeing other friends or family, telling you what to do or wear, making you feel guilty or immature when you don’t consent to sexual activity.

- **Physical Abuse** - Scratching, punching, biting, strangling, kicking, pushing or pulling you, pulling your hair, throwing objects at you, grabbing your face to make you look at them, forcing you to have sex or perform a sexual act, using a weapon, grabbing your clothing, smacking your bottom.

- **Financial Abuse** - giving you an allowance and closely watching what you buy, forbidding you to work or limiting the hours that you do, hiding or stealing your financial support, maxing out your credit cards without your permission, keeping you from seeing shared bank accounts or records, spending money on themselves but not allowing you to do the same, using you or your child’s social security number, placing your paycheck in their account and denying you access to it.

- **Sexual Abuse** - unwanted kissing or touching, rape or attempted rape, refusing to use condoms or forbidding the use of birth control, using sexual insults, threatening unwanted sexual activity (that may be rough or violent), keeping someone from protecting themselves against sexually transmitted diseases.

- **Cyber Abuse** - tells you who you can or cannot be friends with on Facebook, puts you down in their status updates, uses sites like Facebook, Twitter, etc. to keep tabs on you, constantly texts you and makes you feel like you cannot be separated from your phone or else there will be punishment, looks through your phone frequently, pressures you to send explicit photos, videos, steals or insists to be given passwords.

- **Stalking** - shows up at your home or place of work without invite or unannounced, leaves unwanted items, gifts, or flowers, waits at places you hang out, constantly calls you and hangs up, sends you unwanted texts, letters, emails, and voicemails, uses social networking sites to track you, calls your employer or professor, damages your home, car, or other property.

View the Power and Control Wheel at loveisrespect.org.
Learn more about the different types of abuse and view videos demonstrating the different abuse.
What to do if I am experiencing relationship violence?

- Find a friend or family member you can talk to
- If you do not feel comfortable you can always reach out to campus and community services that provide counseling for relationship violence.

**On Campus:** UNK Women’s Center 24/hr Crisis 308-865-8248
UNK Counseling Services 24/hr Crisis 308-865-8248

**Off Campus:** SAFE Center 308-237-2599
Family Advocacy Center (FAN) 308-865-7492

- If you want to contact authorities or take legal action you can contact on campus and off campus police departments:

  **On Campus:** UNK Police Department: 308-627-4811
  **Off Campus:** Kearney Police Department: 308-237-2104
  **Emergency:** 911

What to do if someone you know is experiencing relationship violence?

- Don’t be afraid to reach out to a friend or someone you know by stating that you are concerned for their safety.
- Be supportive and listen patiently. Acknowledge their feelings and be respectful of their decisions.
- Help your friend recognize abuse is not normal and it is NOT their fault. Everyone deserves a healthy relationship.
- Focus on your friend and not the abuser. It is important even if they stay with the partner for them to feel comfortable having someone to talk to about it.
- Connect your friend with campus resources such as UNK Women’s Center, UNK Counseling Care, and UNK Police or off campus resources such as the SAFE Center, Family Advocacy Network, or Kearney Police Department.
- Help them develop a safety plan.
- If they end the relationship, help be supportive after the relationship is over.
- Even when there is nothing you can do, being supportive and caring means a lot.

**DO NOT** contact their abuser or publicly post things online or tell others, it will only worsen the situation!